

DAILY FOOD SUGGESTIONS FOR INFANTS

These suggestions are guidelines. They are daily totals not individual meal portions. Introduction of cereals should occur when the infant is developmentally ready. In addition, babies differ in food preferences and in quantities consumed.

AGE OF INFANT	BREAST MILK OR IRON-FORTIFIED INFANT FORMULA	ENRICHED AND WHOLE-GRAIN BREADS AND CEREAL		FRUITS AND VEGETABLES		MEAT,POULTRY, FISH, LEGUMES	YOGURT, COTTAGE CHEESE, ICE CREAM, PUDDING, EGG YOLK
		INF. CEREAL (DRY) ¹	BREAD, RICE, PASTAS	FRUITS/ VEGETABLES	INFANT JUICE ²		
BIRTH- MONTH 5	ONLY						
MONTH 6	30 - 50 oz	3 - 5 tbsp	1/2 slice toast (for teething) ³		2 - 6 oz		
MONTH 7	30 - 32 oz	3 - 5 tbsp	1/2 slice toast (for teething) ³	2 - 5 tbsp	2 - 6 oz		
MONTH 8	29 - 31 oz	5 - 9 tbsp	1/2 slice toast (for teething) ³	1/2 - 1 c or 1 - 2 jars fruits & vegetables	2 - 6 oz		
MONTH 9	26 - 31 oz	6 - 12 tbsp	1 slice toast	1/2 - 1 c fruits & vegetables	2 - 6 oz	1 tbsp	
MONTH 10	24 - 32 oz	1/2 - 3/4 c	1 slice or 1/2 - 3/4 c. cooked grain	3/4 - 1 1/4 c	2 - 6 oz	1 - 2 tbsp	1 - 2 tbsp
MONTH 11	24 - 32 oz	1/2 - 3/4 c	1 slice or 1/2 - 3/4 c. cooked grain	3/4 - 1 1/4 c	2 - 6 oz	1 - 2 tbsp	1 - 2 tbsp
MONTH 12	24 - 32 oz	1/2 - 3/4 c	1 slice or 1/2 - 3/4 c. cooked grain	3/4 - 1 1/4 c	2 - 6 oz	1 - 2 tbsp	1 - 2 tbsp

APPENDIX 8c

¹ Iron-fortified infant cereals are recommended as the first solids introduced. Rice cereal is commonly introduced first because of its low allergic potential. Cereals may be mixed with breast milk or formula to help the infant adjust to the new texture and taste.

² Juice can be given when the baby can drink from a cup; juice should not be given by bottle.

³ If allergies run in the family, do not give your baby wheat products until approximately 8 months of age.